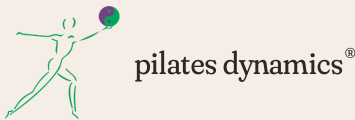


what it costs.



PRIVATE & SEMI-PRIVATE

Mat and large equipment

PER PERSON, PER CLASS

SESSIONS	PRIVATE	DUO (2)	TRIO (3)	QUAD (4)
Once a week	R578	R375	R340	R315
Twice a week	R567	R365	R330	R305
Three times a week	R557	R355	R320	R295
Drop-in, per class	R700	R445	R410	R380

Duo, trio and quad are shared sessions, priced per person. Monthly bookings required. Weigh, measure and body-fat analysis is included free for private clients.

GROUP CLASSES

Monthly rates

MINIMUM 4 IN A CLASS

CLASS	1 × WEEKLY	2 × WEEKLY	3 × WEEKLY	DROP-IN
Mat & Small Equipment	R780	R1 430	R1 975	R240
Stretch	R930	R1 740	R2 370	R255
Large Equipment Reformer, Towers & Chairs	R930	R1 740	R2 370	R255

Monthly rates cover the month's classes at the chosen frequency; drop-in is per class.

KIDS & TEENS · AGES 5 TO 12 · 45 MIN

Kiddies Pilates

OPTION	RATE
Group, once a week monthly	R720
Group drop-in per class	R255
Private per child, per class · monthly bookings	R300

NEW HERE?

Start with an assessment

Orientation & initial assessment

55 minutes, once-off, for beginners

R155

A private hour to see how you move, then a recommendation of the classes and frequency that suit you. The first step for everyone, whatever your level.